



SHOPPING LIST CHECKLIST (1 person)

FRESH FRUIT

4 Bananas
4 Apples
4 Oranges
2 Tomatoes

FRIDGE & DAIRY

1 carton of Milk
4 Yoghurt
1 Margarine or butter
1 block of cheese slices

DELICATESSEN

200 g of cold meat
Devon, ham chicken loaf

PANTRY ITEMS

2 tins of Tomatoes
2 tins of Soup
2 packets of Noodles
Tomato Sauce
Biscuits
Pasta
Rice
Flour- Plain and Self Raising
Vanilla Essence
Eggs
Salt & Pepper Shakers Herbs

TOILETRIES & PERSONAL ITEMS

Shampoo
Conditioner
Soap
Razors
Shaving Cream
Toothpaste
Toothbrush
Feminine Hygiene Products

FRESH VEGETABLES 1 Lettuce

2 Carrots
6 Potatoes
1 Capsicum

FROZEN VEGETABLES & ITEMS

1 bag frozen Peas
1 bag frozen Carrots
1 x 2 litre container Ice Cream
1 packet of frozen Pizzas
1 packet frozen Pies
1 packet of oven Fries

FRESH MEAT SECTION

depends upon what you like

CLEANERS

Ajax
Disinfectant
Toilet Cleaner
Toilet Air Freshener
Toilet Paper
Sponges
Dishwashing Detergent
Washing Machine Powder
Duster
Garbage bin and bags
Cling Wrap and Foil
Gloves